

## Healthy Vermonters 2010 Objectives:

Reduce the percentage of adults who smoke cigarettes.

Goal: 12% VT 2000: 21% (age 18+)

Reduce the percentage of youth who smoke cigarettes.

Goal: 16% VT 2001: 22% (grades 8-12)

Reduce the percentage of youth who use spit tobacco.

Goal: 1% VT 2001: 4.8% (grades 8-12)

Reduce the percentage of youth who smoke cigars, cigarillos and little cigars.

Goal: 8% VT 2001: 11% (grades 8-12)

Increase the percentage of adult smokers who attempt to quit.

Goal: 75% VT 2000: 49%

Increase the percentage of pregnant women who quit smoking during the first trimester (3 months) of pregnancy.

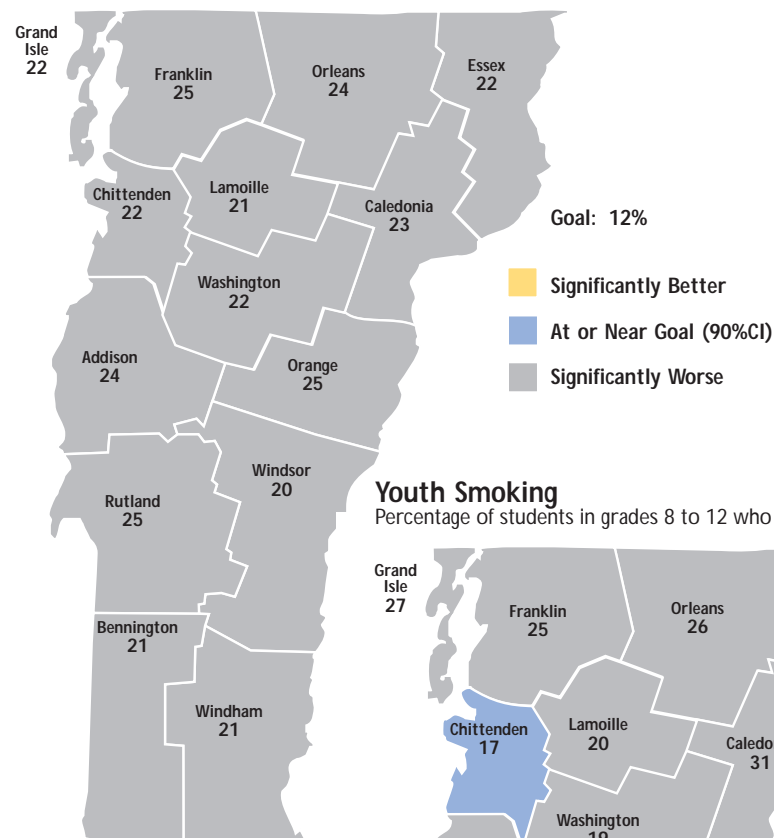
Goal: 30% VT 2000: 22%

## Facts:

- Smoking leads to or complicates heart disease, cancer, COPD, stroke, pneumonia, low birth weight and infant mortality.
- Smoking during pregnancy increases the risk of low birth weight, spontaneous abortion, and Sudden Infant Death Syndrome (SIDS).
- Nearly half (46%) of all Vermont smokers have children under age 17 living in their household.
- Quitting smoking has almost immediate health benefits. After quitting for one year, the risk of heart disease from smoking-related causes is reduced by half.
- Total annual smoking-attributable medical care costs in VT: \$182 M

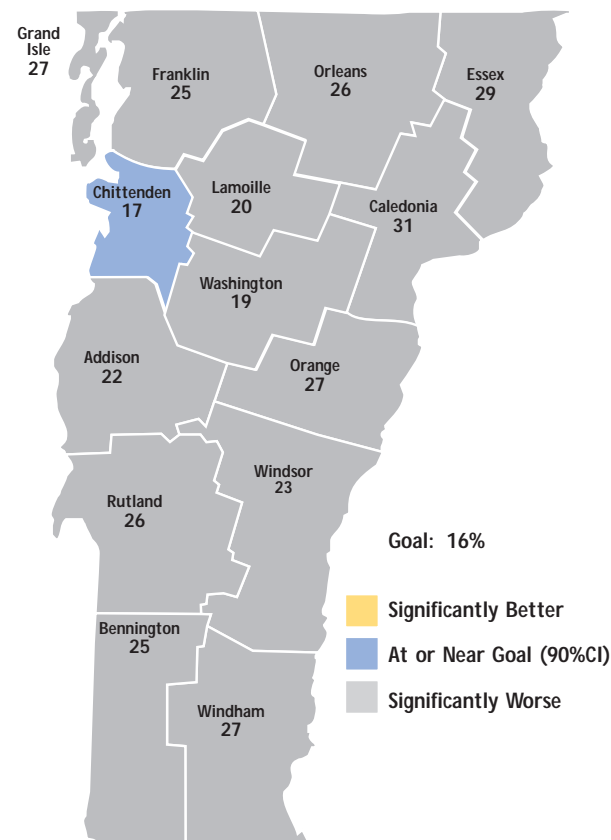
## Adult Smoking

Percentage of adults who smoke cigarettes (1996-2000)



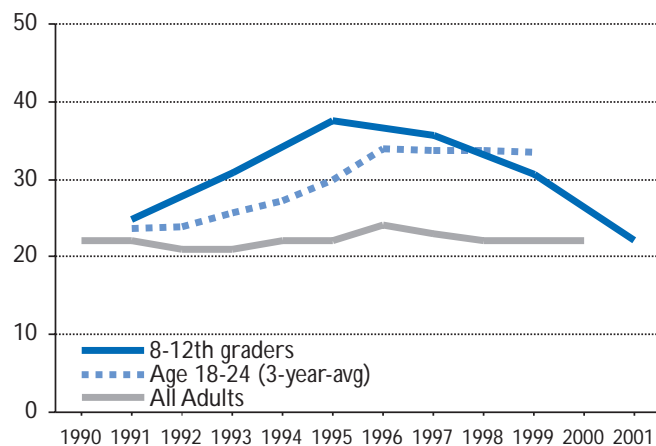
## Youth Smoking

Percentage of students in grades 8 to 12 who smoke (2001)



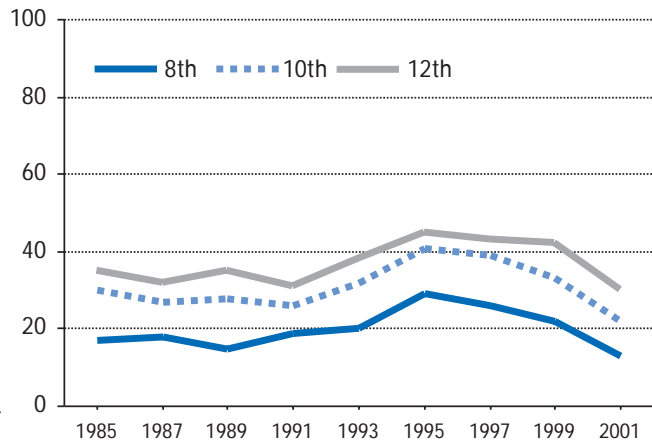
### VT Smoking by Age

Percentage of Vermonters who smoke



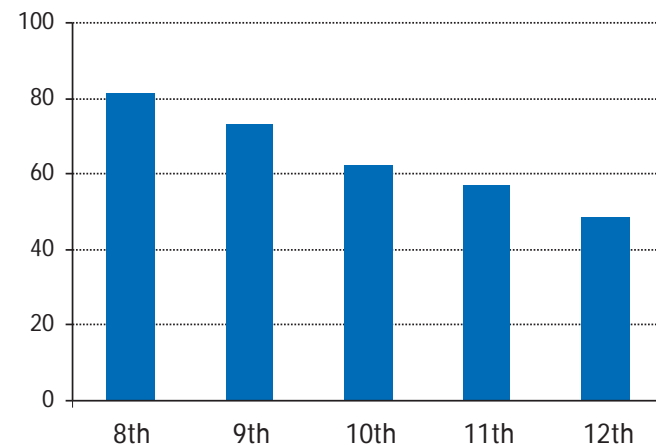
### Youth Cigarette Smoking by Grade

Percentage of Vermont students in grade 8, 10 and 12



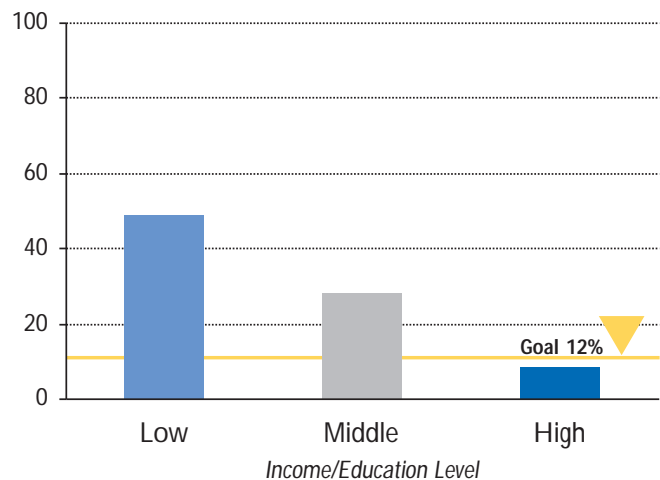
### Attitudes About Cigarettes by Grade

Percentage of Vermont students who report it's wrong for kids their age to smoke cigarettes (2001)



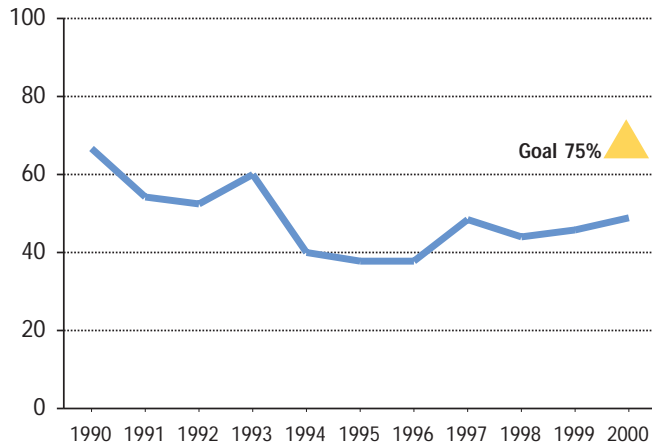
### Adult Smoking by Income/Education

Percentage of Vermont adults age 25-64 who smoke (1996-2000)



### Quit Smoking

Percentage of Vermont adult smokers who quit or tried to quit smoking



### Quit Smoking by Income/Education

Percentage of Vermont adult smokers age 25-64 who quit or tried to quit smoking (2000)

